

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Sugars, total (g)

Food Groups: Fruits and Fruit Juices  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: November 02, 2015 00:46 EST

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	111.96
09298	Raisins, seedless	165.0	1.0 cup, packed	97.66
09297	Raisins, golden seedless	165.0	1.0 cup, packed	97.66
09085	Currants, zante, dried	144.0	1.0 cup	96.88
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	94.18
09087	Dates, deglet noor	147.0	1.0 cup, chopped	93.12
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	87.95
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	81.93
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	81.93
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	77.76
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	77.76
09094	Figs, dried, uncooked	149.0	1.0 cup	71.40
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	70.71
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	69.90
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	69.47
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	68.88
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	66.78
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	66.35
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	61.95
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61.50
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	61.23
09095	Figs, dried, stewed	259.0	1.0 cup	60.48
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	57.56
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	56.76
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	55.45
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	55.45
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	54.40
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	53.61

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	52.47
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	52.38
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	51.70
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	51.35
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	51.26
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	50.43
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	49.18
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48.92
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	48.84
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	48.77
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	48.68
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	47.46
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	47.30
09322	Tamarinds, raw	120.0	1.0 cup, pulp	46.56
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	46.18
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	45.45
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	45.36
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	44.42
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	43.83
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	42.93
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	42.58
09294	Prune juice, canned	256.0	1.0 cup	42.11
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	40.94
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	40.84
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	40.70
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	40.43
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	39.79
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	39.49
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	39.03
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	38.68
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	38.20
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	37.90
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	37.90
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	37.67
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	36.77
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	36.68

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	36.09
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35.98
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	35.93
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	35.93
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	35.93
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	35.83
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	35.24
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	35.20
09229	Papaya nectar, canned	250.0	1.0 cup	34.78
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	34.61
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	34.00
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	33.97
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	33.71
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	33.26
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	33.23
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	33.17
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	33.10
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	33.00
09434	Guanabana nectar, canned	251.0	1.0 cup	32.81
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	32.55
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	32.50
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	31.88
09437	Tamarind nectar, canned	251.0	1.0 cup	31.88
09442	Pomegranate juice, bottled	249.0	1.0 cup	31.50
09144	Jackfruit, raw	165.0	1.0 cup, sliced	31.48
09436	Mango nectar, canned	251.0	1.0 cup	31.25
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	31.18
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	30.78
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	30.75
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	30.66
43382	Cranberry juice, unsweetened	253.0	1.0 cup	30.61
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	30.60
09315	Soursop, raw	225.0	1.0 cup, pulp	30.46
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	30.37
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	30.27
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	30.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	29.38
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	29.24
09079	Cranberries, dried, sweetened	40.0	0.25 cup	29.02
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	28.99
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	28.96
09164	Litchis, raw	190.0	1.0 cup	28.94
09278	Plantains, cooked	200.0	1.0 cup, mashed	28.00
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	27.58
09040	Bananas, raw	225.0	1.0 cup, mashed	27.52
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	27.30
09163	Blueberries, dried, sweetened	40.0	0.25 cup	27.00
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	26.86
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	26.43
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	26.36
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	26.21
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	26.12
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	26.00
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	25.81
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	25.74
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	25.68
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	25.54
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	25.44
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	25.15
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	25.14
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	24.95
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	24.95
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	24.95
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	24.88
09221	Tangerine juice, raw	247.0	1.0 cup	24.45
09059	Breadfruit, raw	220.0	1.0 cup	24.20
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	24.07
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	24.06
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	23.86
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	23.86
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	23.79
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	23.76

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	23.44
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	23.37
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	23.07
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	23.06
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	22.91
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	22.91
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	22.91
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	22.54
09176	Mangos, raw	165.0	1.0 cup pieces	22.54
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22.48
09277	Plantains, raw	148.0	1.0 cup, sliced	22.20
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	22.09
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	21.91
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	21.91
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	21.81
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	21.35
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	21.05
09206	Orange juice, raw	248.0	1.0 cup	20.83
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	20.69
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	20.69
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	20.69
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	20.69
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	20.63
09062	Cherimoya, raw	160.0	1.0 cup, pieces	20.59
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	20.36
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	19.99
09334	Feijoa, raw	243.0	1.0 cup, pureed	19.93
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	19.74
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	19.60
09043	Blackberry juice, canned	250.0	1.0 cup	19.25
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	18.83
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	18.54
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	18.52
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	18.48
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	18.48
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	18.45

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	17.80
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	17.78
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	17.69
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	17.47
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	17.03
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	16.91
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	16.83
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	16.81
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	16.76
09279	Plums, raw	165.0	1.0 cup, sliced	16.37
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	16.25
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	16.18
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	16.11
09428	Rowal, raw	114.0	0.5 cup	16.07
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	16.05
09421	Dates, medjool	24.0	1.0 date, pitted	15.95
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	15.85
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	15.59
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	14.95
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	14.88
09050	Blueberries, raw	148.0	1.0 cup	14.74
09139	Guavas, common, raw	165.0	1.0 cup	14.72
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	14.32
09021	Apricots, raw	155.0	1.0 cup, halves	14.32
09423	Prune puree	36.0	2.0 tbsp	14.04
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	14.02
09143	Guava sauce, cooked	238.0	1.0 cup	13.99
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	13.98
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	13.91
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	13.80
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	13.68
09252	Pears, raw	140.0	1.0 cup, slices	13.65
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	13.62
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	13.57
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	13.16
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	13.10

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	12.99
09236	Peaches, yellow, raw	154.0	1.0 cup slices	12.92
09110	Goji berries, dried	28.0	5.0 tbsp	12.77
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	12.73
09413	Pears, raw, red anjou	126.0	1.0 small	12.02
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	11.89
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	11.74
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	11.74
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	11.64
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	11.42
09190	Mulberries, raw	140.0	1.0 cup	11.34
09226	Papayas, raw	145.0	1.0 cup 1" pieces	11.34
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	11.32
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	11.30
09191	Nectarines, raw	143.0	1.0 cup slices	11.28
09004	Apples, raw, without skin	110.0	1.0 cup slices	11.11
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	10.94
09002	Acerola juice, raw	242.0	1.0 cup	10.89
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	10.45
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	10.41
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	10.08
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	9.96
09427	Abiyuch, raw	114.0	0.5 cup	9.75
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	9.67
09326	Watermelon, raw	154.0	1.0 cup, balls	9.55
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	9.31
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	9.09
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	8.60
09084	Currants, red and white, raw	112.0	1.0 cup	8.25
09316	Strawberries, raw	152.0	1.0 cup, halves	7.43